



## Adult Wellness Guidelines

### Making Preventive Care a Priority

#### Adult Health - for ages 18 and over

Preventive care is very important for adults. By making some good basic health choices, women and men can boost their own health and well-being. Some of these positive choices include:

- Eat a healthy diet
- Get regular exercise
- Don't use tobacco
- Limit alcohol use
- Strive for a healthy weight

\* Recommendations may vary. Discuss the start and frequency of screenings with your doctor, especially if you are at increased risk.

Screenings	
Weight	Every 1 to 3 years
Body Mass Index (BMI)	Every 1 to 3 years
Blood Pressure (BP)	At least every 2 years*
Colon Cancer Screening	Adults ages 50 to 75 — colonoscopy every 10 years, OR flexible sigmoidoscopy every 5 years OR fecal occult blood test annually*
Diabetes Screening	Those with high blood pressure should be screened. Others, especially those who are overweight or have additional risk factors, should consider screening every 3 years.*
Hepatitis C (HCV) Screening	Once for adults born between 1945 and 1965
HIV Screening	Adults ages 18 to 65, older adults at increased risk and all pregnant women should be screened

Immunizations (Vaccines)	
Tetanus Diphtheria Pertussis (Td/Tdap)	Get Tdap vaccine once, then a Td booster every 10 years
Influenza (Flu)	Yearly
Herpes Zoster (Shingles)	Ages 60 and over
Varicella (Chicken Pox)	2 doses if no evidence of immunity
Pneumococcal (Pneumonia)	Ages 65 and over*
Measles, Mumps, Rubella (MMR)	1 or 2 doses for adults born in 1957 or later who have no evidence of immunity
Human Papillomavirus (HPV)	3 doses for women ages 18 to 26 if not already given 3 doses for men ages 18 to 21 if not already given*

## Women's Health

Women have their own unique health care needs. To stay well, women should make regular screenings a priority. In addition to the services listed in the Adult Health section, women should also discuss the recommendations listed on the chart to the right with their doctor.

## Men's Health

Men are encouraged to get care as needed and make smart choices. That includes following a healthy lifestyle and getting recommended preventive care services. If men follow a game plan for better overall health, they'll be more likely to win at wellness.

In addition to the services listed in the Adult Health section, men should also discuss the recommendations shown in the chart to the right with their doctor.

**Learn more!** Additional sources of health information include:

- [ahrq.gov/patients-consumers/prevention/index.html](http://ahrq.gov/patients-consumers/prevention/index.html)
- [cancer.org/healthy/index](http://cancer.org/healthy/index)
- [cdc.gov/healthyliving/](http://cdc.gov/healthyliving/)

Women's Recommendations	
Mammogram	At least every 2 years for women ages 50 to 74 Ages 40 to 49 should discuss the risks and benefits of screening with their doctor
Clinical Breast Exam	Every 3 years for women ages 20 to 39 Annually for age 40 and over
Cholesterol	Starting age and frequency of screenings are based on your individual risk factors. Talk with your doctor about what is best for you.
Cervical Cancer Screening	Women ages 21 to 65: Pap test every 3 years Another option for ages 30 to 65: Pap test and HPV test every 5 years Women who have had a hysterectomy or are over age 65 may not need a Pap test*
Osteoporosis Screening	Beginning at age 65, or at age 60 if risk factors are present*
Aspirin Use	Talk with your doctor about the benefits and risks of aspirin use.

Men's Recommendations	
Cholesterol	Starting age and frequency of screenings are based on your individual risk factors. Talk with your doctor about what is best for you.
Prostate Cancer Screening	Discuss the benefits and risks of screening with your doctor.*
Abdominal Aortic Aneurysm	Have an ultrasound once between ages 65 to 75 if you have ever smoked.
Aspirin Use	Talk with your doctor about the benefits and risks of aspirin use.

You probably don't hesitate to ask your doctor about nutrition and exercise, losing weight and stopping smoking. These may include:

- Dental health
- Problems with drugs or alcohol
- Sexual behavior and sexually transmitted diseases
- Feelings of depression
- Domestic violence
- Accident/injury prevention
- Preventing falls, especially for ages 65 and over



\* Recommendations may vary. Discuss screening options with your doctor, especially if you are at increased risk.

The recommendations provided in the table are based on information from organizations such as the Advisory Committee on Immunization Practices, the American Academy of Family Physicians, the American Cancer Society and the United States Preventive Services Task Force. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individualized advice on the recommendations provided.

Coverage for preventive care services at no cost share may vary depending on your specific benefit plan and use of network providers. For questions, please call the Customer Service number on the back of your ID card.